

ABCs of Good Health Fact Sheets

Choose a variety of fruits and vegetables daily.

Fruits and vegetables not only taste great, have crunch, and exhibit vibrant colors. They also are an important part of a varied, balanced and moderate diet. They are good sources of vitamins A and C. Some supply significant amounts of folacin, vitamin B6, potassium, calcium, magnesium and selenium. Each of these nutrients plays a role in the normal, everyday functioning of your body and may help lower the risks of some cancers, heart disease and other health problems. Fruits and vegetables are also good sources of complex carbohydrates and fiber, and unless added, they are low in fat, saturated fat and sodium.



How many fruits and vegetables are recommended?

As a daily guideline, the Food Guide Pyramid recommends 3 to 5 servings of vegetables and 2 to 4 servings of fruit, along with a variety of food.



- 1 Try to eat at least one vitamin A-rich choice every day. Many fruits and vegetables contain beta-carotene which forms vitamin A.

Vitamin A-rich choices:

- Broccoli • Carrots • Collards • Kale • Spinach • Tomato
- Squash, winter • Sweet Potato • Apricot, dried
- Cantaloupe • Watermelon

- 2 Eat at least one vitamin C-rich choice daily.

Some Vitamin C-rich choices:

- Broccoli • Tomato • Banana • Grapefruit • Orange

- 3 Eat at least one high-fiber choice daily.

High-fiber choices:

- Apple, with skin • Baked Potato, with skin • Figs, dried
- Strawberries • Brussels Sprouts • Baked Beans • Lentils

- 4 Eat vegetables from the cabbage family several times per week. *These Cruciferous vegetables may help to protect against colon and rectal cancer.*

Cruciferous vegetables:

- Bok Choy —Broccoli —Collards —Cabbage
- Turnips —Others

Dietary Guidelines 2000

The **ABC's** of good health

Aim for fitness

- Aim for a healthy weight.
- Be physically active each day.

Build a healthy base

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.

- Choose a variety of fruits and vegetables daily.

- Keep food safe to eat.

Choose sensibly

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- (for adults) If you drink alcoholic beverages, do so in moderation.

Ways to Enjoy More Fruits and Vegetables



Start your day with fruit or juice. Have orange juice, strawberries in your cereal or sliced bananas on peanut butter toast.



Grate zucchini, spinach or carrots and add to lasagna, meatloaf, mashed potatoes, and mixed meat, poultry, pasta, and grain dishes.



Order or make pizza with vegetable toppings: broccoli, carrot shreds, thinly sliced zucchini, chopped spinach, red and green bell pepper strips, chopped tomatoes.



Drink juice as a beverage. Try a variety of 100% juices: grapefruit, apple, cranberry, orange, grape, papaya, tomato, mango, apricot or pear nectar.



Add sliced pineapple, apple, peppers, cucumbers, sprouts and tomatoes to sandwiches.



Turn your omelet into a hearty meal with crisp, tasty vegetables like broccoli, squash, carrots, peppers, tomatoes, or onions.

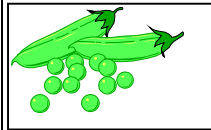


When you eat out, order more vegetables and fruit. Choose a vegetable appetizer or soup. Order a side dish of vegetables, legumes or a salad. Have a glass of juice with your breakfast order.



Stock your fridge with raw vegetables and fruit, cleaned and ready to eat.

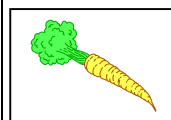
Helping kids eat more fruits and vegetables



Mix peas into macaroni and cheese. Add carrot shreds to spaghetti sauce, chili, lasagna, or peanut butter. Put zucchini shreds into burgers or mashed potatoes.

Offer raw finger-food veggies.

Kids may prefer uncooked vegetables. They like to “dip” too. So offer salsa, bean dip, or herb-flavored, plain yogurt

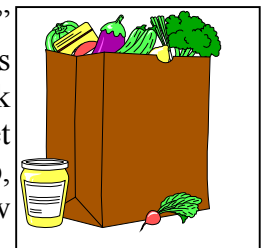


Grow veggies together. If you don’t have a garden, plant a container garden. Most kids love the vegetables they grow!

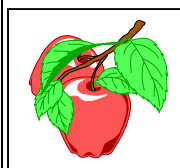
“**Fortify**” ready-to-eat soup with extra vegetables or canned beans.

Start a “veggie club.”

Try to taste vegetables from A to Z, and check off letters of the alphabet as you go! As you shop, let kids pick a new vegetable as a family



“adventure.” Post a tasting chart on the fridge to recognize your family tasters.



If all else fails, offer more fruit, which is another source of vitamins A and C.

Moroccan Raisin—Carrot Salad

Preparation Time: 10 Minutes

Cooking Time: 5 Minutes

Makes: 6 Servings

- 1 pound baby carrots
- 2 tablespoons lemon juice
- 1 teaspoon sugar
- ½ teaspoon paprika
- ¼ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper
- 1 tablespoon olive oil
- ¼ cup minced parsley
- 1 cup raisins

Slice carrots, diagonally, into two or three pieces. Cook carrots in boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water and drain again. While carrots cool, in medium bowl combine lemon juice, sugar, paprika, cumin, cinnamon, salt, and cayenne pepper. Stir to dissolve sugar and salt. Stir in olive oil, parsley, and raisins. Add carrots and toss. Cover and refrigerate at least one hour to chill and blend flavors. Stir occasionally. Serve on lettuce leaves, if desired.

Nutrition Information Per Servings: 135 Calories, 2 g Fat, 0 mg Cholesterol, 125 mg Sodium, 30 g Carbohydrate, 1 g Protein